

A173 – POTATOES, FROZEN, IQF, FAT-FREE, WEDGES, 6/5 LB



CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U. S. Grade A potato wedges prepared from mature, sound, russet potatoes, individually quick frozen (IQF). The fat-free potato wedges contains no oil and are water blanched by baking, microwaved, or roasted.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb bags per case. One 5 lb bag AP yields about 14⁷/₈ cups baked potato wedges and provides about 59.5 ¹/₄-cup servings baked vegetable. One lb AP yields 0.71 lb (about 2⁷/₈ cups) baked potato wedges and provides about 11.9 ¹/₄-cup servings baked vegetable. CN Crediting: ¹/₄ cup baked potato wedges provides ¹/₄ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes. Cook potato wedges in a conventional oven at 450 °F for 8 to 10 minutes OR in a convection oven at 500 °F for 3 to 5 minutes. Heat to desired brownness. Serve immediately.

Nutrition Information

Fat-free potato wedges, frozen

	¹ / ₄ cup (38 g)	¹ / ₂ cup (76 g)
Calories	34	68
Protein	1.14 g	2.28 g
Carbohydrate	7.98 g	15.96 g
Dietary Fiber	0.8 g	1.5 g
Sugars	0.38 g	0.76 g
Total Fat	0.0 g	0.0 g
Saturated Fat	0. g	0.0 g
<i>Trans</i> Fat	0.0 g	0.0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.80 mg
Calcium	7 mg	14 mg
Sodium	4 mg	8 mg
Magnesium	11 mg	23 mg
Potassium	209 mg	418 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	4.9 mg	9.8 mg
Vitamin E	0.02 mg	0.03 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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USES AND TIPS	<ul style="list-style-type: none"> • Potato wedges contain significantly less fat than French fried potatoes and are an excellent alternative to these products.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds. • Do not refreeze potatoes.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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